THE CHURCH OF LOW FURNESS NEWSLETTER

MAY / JUNE



PENTECOST 2022

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Articles / Events / updates for inclusion in the May/June edition

to the editor Rev. Graham Tate by20th June

Email - revdgrahamtate@gmail.com

COMMUNITY NEWS

URSWICK POST OFFICE OUTREACH – URSWICK PARISH ROOM

Thank you to everyone who has supported the village Post Office and Coffee Morning. We are grateful that this service is now under new PO Outreach management and will continue with a regular service.

Fridays 9.30-11.30am



Knead to Chat?

Please contact Maggie (t. 01229 587369) for details of our Bread Therapy sessions.

These take place once a month and are a safe and peaceful space for those who are experiencing isolation, bereavement, stress or any struggle.

A great way to spend a few hours with company, good food (a soup and bread lunch is provided) and some good fun.

Kneed to Chat : Monday 10:00am to 2:00pm

16th May



LADIES LUNCH GROUP

The next Ladies Lunch will be held at

Wednesday 11th May at 12:00 midday

Do come and join this friendly group. **Please Book with Maggie t. 01229 587369.** Dietary requirements and menu choice can be submitted as soon as possible please.

CHURCH SERVICES – MAY - JUNE

Date	Church	Service	Time
Sunday 1st May	St. Mary & St. Michael, Urswick	Holy Communion	10.30am
Sunday 8th May	Holy Trinity Church, Bardsea Rampside Village Hall St. Cuthbert's, Aldingham	Holy Communion Service of the Word Sung Evening Prayer (BCP)	10.30am 2.30pm 6.30pm
Sunday 15th May	St. Mary & St. Michael, Urswick	Holy Communion	10.30am
Sunday 22nd May	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea Urswick Parish room St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Wild Church Healing Service	10.30am 10.30am 2.30pm 6:00pm
Sunday 29th May	St. Mary & St. Michael, Urswick Rampside Village Hall	Holy Communion (spoken) Holy Communion	8:00am 10:30am
Sunday 5th June Pentecost & Jubilee	St. Mary & St. Michael, Urswick Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion UIFM Concert Songs of Praise	10.30am 1:00pm 6:00pm
Sunday 12th June	Holy Trinity Church, Bardsea Rampside Village Hall St. Cuthbert's, Aldingham	Holy Communion Service of the Word Sung Evening Prayer (BCP)	10.30am 2.30pm 6.30pm
Sunday 19th June	St. Mary & St. Michael, Urswick Rampside Village Hall	Holy Communion (spoken) Holy Communion	8:00am 10.30am
Sunday 26th June	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Healing Service	10.30am 10.30am 6pm

Every Wednesday 10.30am
Mid-week Communion service in Urswick Church (not the Parish Room)
Refreshments are served after the service

Morning Prayer

from the Church of Low Furness is posted on our Facebook page every Monday, Tuesday and Thursday at 9:00am when you can join live or watch later.

Evening Prayer - Compline

Every Saturday Evening at St Mary & St Michael's Urswick at 7pm

Healing Service Sunday 22nd May & 26th June 6pm

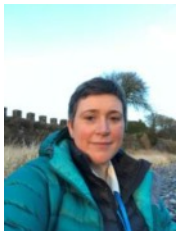
A service of prayer, contemplation, and healing at Urswick Church

Worship at Home

Worship at Home podcast (see links page 9) and supplementary material by email

View from the Vicarage

Revd Lucie Lunn
The Vicarage, Great Urswick LA12 0TA
tel: 01229 587200 email: revlucielunn@btinternet.com



Dear Friends,

From conversations I've had recently with a number of people on different settings, I know I'm not alone to find it startling that we have reached the late Spring, May/June edition of the Church Newsletter. The pace at which it feels the months are passing by leave me scrabbling to take in what has happened so far this year and what lies ahead, it's all a bit discombobulating! Locally and nationally we 'reopened'… to growing rates of Covid, news that was overshadowed by war in Europe. With that, and continued political scandals, there seems to be a dizzying array of headlines competing for our attention. So what next? When will it all calm down?

I can't help but wonder if this is what it felt like for Jesus' disciples in aftermath of that first Easter. The pace of life had picked up for , following Jesus in his ministry of teaching, healing and miracles, a journey that took them eventually to Jerusalem, political struggle and the trauma of witnessing Jesus' death then, three days later, the bewildered joy of the resurrection. How much must they have wanted to take a break from it all, to take some time to process what had and was going on and just rest? But they didn't. Those very first Christians, the first followers and disciples of Jesus, needed to discover new energy and resilience, they went on to share their experience of the risen Christ with others, across the region and then the known world, sharing the love of God. Over the coming weeks we explore this journey in Church through the book of Acts and celebrate Pentecost on 5th June…a weekend that will also see celebrations across the nation for the Queens Jubilee. It's going to be busy…still!

We are living in a time and place of change. That's always true to some extent, but the last two+ years of pandemic living have effected huge social, mental and practical changes for many, many people and how they live their lives. The rising cost of living is putting further strain on some already struggling to adapt and survive. Some people long for a time of peace or rest; some remembering the calm and peace of the first lockdown, yet for others (key workers and those who lost loved ones) that was a time of stress and grieving, and there has been little respite from the busyness since.

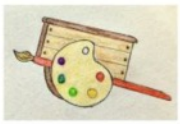
To go back to the work and witness of Jesus' disciples and followers in the early days of the church; yes, there were likely fraught days and they may have longed for rest and stability (and safety from persecution). But with Gods strength and the power of the Holy Spirit, they were energised instead to share there experiences of Gods love and the hope they carried in their hearts…they spread the Word that lives with us today and can still lift our hearts and help us to shine light into the darkest moments of life.

So I pray for you all in these mid-2022 months, that whatever experiences you are carrying from months and years gone by, and whatever you anticipate looking ahead, that you discover energy and hope in God's love for you.

Yours in Christ,
Lucie

CHURCH GROUPS AND EVENTS

CCArtT



Cumbria Craft & Art Therapy

Cumbria Craft & Art Therapy is open to individuals with any mental health or fellowship need, including those affected by bereavement and loss, stress and anxiety or isolation and loneliness. Meeting and working together, we use a variety of crafts and art to offer a safe space and understanding

1-4pm 12th & 26th May ; 9th 23rd June
at Urswick Parish Room

Contact Maggie (t. 587369) or Lucie (t.587200) for more information and to book a place.

God for All

Follow Daily: Family Worship

As part of our commitment to the principles of our refreshed Diocesan vision; to Follow Daily, Tread Gently, Care Deeply and Speak Boldly, our monthly family service outdoors,

Wild Church!

Sunday 22nd May 2.30pm at Birkrigg

Meeting by the crossroads at the road from Ulverston
Activities, a short act of worship and refreshments

FURNESS FOOTSTEPS

Stepping Beyond the View

What about a walk in the countryside?

What do you see?

Maybe there's more than meets the eye

Join us on the 4th Sunday of each month

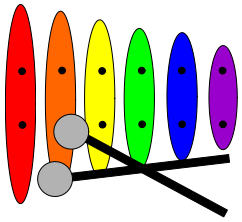
Contact Graham

Revdgrahamtate@gmail.com

Or

07579 798481

The Children's Gate



Music and Play for 0-3yrs

Our popular Toddler Group is held on Tuesdays!

9.30-11am

Come and join us for play, snacks, and singing at Urswick Parish Room

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Post-natal Support Group & Baby Group

Thursdays 10.30am Urswick Parish Room

Support and sharing for all parents and carers of little ones 0-18mths

For more information call Lucie Lunn t.01229 587200 or text m.07825241366

??? QUIZ NIGHT ???

Our popular Quiz Night including Pie & Peas

Saturday May 14th at 6:30pm £6 each

Raising funds for the Jubilee flower Festival

Booking is essential please contact Maggie Turbitt on tel. 01229 587369

Urswick Parish Room – Room Hire

Urswick Parish Room is open and taking bookings. While we have been contacting previous user groups, please do get in touch if the space can support your group or community venture. The hall includes toilet and full kitchen facilities. Heating by meter. For bookings and enquiries please

contact Maggie on tel. 01229 587369

Forthcoming Events

Spring Craft Fair

Spring Craft Fayre in Parish Room, Saturday May 7th 10.30-3pm,
cake stall, crafts and have a go!
Bring your craft items to sell - contact Maggie 01229587369 to book a table

Platinum Jubilee Celebration





In celebration of the Queen Elizabeth II Platinum Jubilee in June

Flower Festival and Songs of Praise will be held in Urswick Church

The Flower Festival will run from Thurs 2nd - 5th June over the Jubilee holiday

If anyone would like to volunteer to sit in church at any time during the festival please contact Maggie

if anyone has memorabilia/photos that could be loaned to display during the festival it would be appreciated, Contact : Maggie or Sonjie on 01229587369

The Songs of Praise will be held in Urswick church at 6:00pm on 5th June

If you would like to request a favourite hymn there are request forms in church or email your request to the editor at revdgrahamtate@gmail.com



Save the Date - Teddy Bears Picnic

Sunday July 10th - details to follow



Mental Health Fellowship Group

We are planning a new Mental Health Fellowship Group meeting in the Urswick Parish room after Easter. A time to chat, seek advice, advocacy or help with form filling are all available. This will be a safe space for anyone who attends.
If you feel that this would be beneficial to yourself or someone you know please contact Community Pastor : Sonjie Marshall Tel : 01229587369 for further details.

Sea Sunday

A celebration of all things nautical at Aldingham Church

Delayed due to Music Festival at Aldingham field on planned day

New date Sunday 28th August at Aldingham church at 2:30pm

MISSION AND PIONEERING



Rev Graham Tate

Email : revdgrahamtate@gmail.com

Mob : 07579 798481

Footsteps Forward

We have managed 2 walks so since the last issue of the newsletter. In March we were still cautious about the state of fields and woodland paths as the ground was still quite wet. As I'm sure you remember!
So for March we met at Conishead Priory heading out along the road to Great Head House. There is a path through the woods that runs roughly parallel to the road but it would have involved wading through mud! So the road is was. The road does cut through the woods for part of the way and the banks on both sides were covered in wild garlic. It wasn't in flower but there was the distinctive smell of the garlic. That road leads back onto the coast road but a few yards further on we turned onto the footpath through the fields – which was dry and firm. Form there past the old brick kiln chimney and eventually on to the beach for the return leg to the Priory café.



In April we met at Bardsea beach and headed off towards Baycliffe along the beach from Baycliffe along Sunbrick Lane which starts out as a road, becomes a farm track and then a path that leads to Birkrigg. Over Birkrigg and back down to the beach for coffee at Chill & Grill! The weather was fine if a little breezy in places but the views from the beach and Birkrigg were spectacular.

Wild Church

Messy Good Friday.
Well if you get a bunch of excited primary school children making Easter Gardens and colouring it will be messy. But great fun was had by all. The model garden has been displayed at the back of Urswick church waiting for the grass to grow and the children made small copies to take home. The source of much amusement was the challenge of the fiendish game Lucie had resurrected (when else but Easter) from her own childhood. It comprised 2 parallel lengths of string about 8 feet long tied to a chair with buckets of sweets at various positions along the length. The challenge is to manoeuvre a ping pong ball along a path formed by the strings and drop it into one of the buckets to claim a prize. Much entertainment was had by all including mums, dads and at least one grandad!

God bless

Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
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It's interesting how quickly we get used to miracles and just don't think about them anymore. I saw a photograph of me taken about sixty years ago, a small boy with jam jar bottom glasses. Can you imagine what I, or my Mother, would have thought if I'd been told, "Oh yes, before you're sixty we're going to cut the lenses out of your eyes and replace them with plastic, to cure your cataracts, and you'll be under local anaesthetic as we to it. And then, a few years later, when your retina becomes detached, we'll spot weld it back on using lasers.

Yet now we take it for granted. As we do a lot of other stuff. Yet once, these would have been seen as almost miraculous.

So what other miracles do we miss? How many Easters have we all seen?

We are Easter People. We celebrate not just Jesus rising from the dead and leaving his empty tomb. We celebrate all the other things he promised. Because he made promises. One was that he told us that there was forgiveness for sin. Not a forgiveness based on doing all sorts of good work to 'earn' it, but a forgiveness based on repentance. He promised that if we sincerely asked; if we were genuinely sorry, then his father who loved us would forgive us. Not because we're worth it, not because we've earned it, but because he loves us.

He promised that he would defeat death. He did. Death is no longer a prison. Jesus didn't just blow the chuffing doors off, he kicked out the back wall as well. Death is merely a door we pass through to join him.

He promised he'd send his Holy Spirit to be with us. He told us he wasn't abandoning us, he'd come for us and we would live with him forever.

He promised us he'd come again. Well he kept his other promises. He's already defeated death and sin, so why won't he come back to meet us?

So today, whatever day it is, is a day to celebrate. Today, for those of us who know of the miracle that is Easter, is a day for a party. Today is a good day because of the promises he's made and kept. Today is the day that puts every other day in perspective. Today is the day that reminds us what it's all about. As the old hymn, 'Glorious things of thee are spoken' says, "Fading is the worldling's pleasure, all his boasted pomp and show; Solid joys and lasting treasure, none but Zion's children know. Your inconsequential failings or trivial achievements are irrelevant. Christ has died, Christ is risen, Christ will come again. What else matters compared to that?

Church of Low Furness Online

Date	Church	Service	Time
Every Mon/Tues/Thurs	Facebook Live	Morning Prayer	9:00am
Every Sunday	Worship at Home podcast and supplementary material by email		

Online Links and Resources

The Church of Low Furness is the collective name for the churches serving the parishes of Aldingham, Dendron, Rampside and Urswick with Bardsea, a Church of England united benefice in the Diocese of Carlisle.

Working as part of the ecumenical county of Cumbria, we are also part of the developing Furness Mission Community and Churches Together in Cumbria.

Please see our **Church of Low Furness website** for up to date information about our services and news: http://churchoflowfurness.org.uk/

We deliver regular live weekday services and prayer sessions on Facebook. Live on our **Facebook group**, the **Church of Low Furness**:
https://www.facebook.com/groups/578956609372390/about/

Additionally, these are uploaded to our **YouTube Channel**:
https://www.youtube.com/channel/UCEiGPcDStf4AQE4E_wKV-Kg/videos

Worship at Home material is produced every week for Sunday. This is available via our Facebook group posts, or you can access the podcasts directly at **Anchor with Spotify**:
https://anchor.fm/lucie-lunn

You can find the Common Worship Liturgy we use on the **Church of England website**, along with many other resources including information on weddings, baptisms and funerals:
https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

The **God for All** website has news from churches around the County of Cumbria and many faith resources:
https://www.godforall.org.uk/
You can also sign up for a regular new bulletin from Carlisle Diocese:
https://www.carlislediocese.org.uk/news-and-events/